

## Lesson 7

# Food- & Nutritious Delicious



### RECIPE Fish Cakes

#### AIM

The purpose of this activity is to show pupils how to create a delicious and nutritious snack, encouraging pupils to incorporate fish into their diet.

#### YOU WILL NEED

- 3 Large Potatoes
- 25g of butter
- 4 peas
- 4 thin slices of tomato
- 4 slices of lemon
- 200g tuna in brine (drained)
- Half a cucumber, cut lengthways and sliced thinly
- 75g fresh breadcrumbs
- 1 Egg
- A few sprigs of parsley
- A dash of milk
- Pepper
- Oil (for frying)

#### METHOD

- 1 Peel the potatoes, cut into small pieces, put in a saucepan of water and boil until soft (15-20 minutes).
- 2 Drain off the water, put the potatoes in a bowl, and add the butter, milk and egg. Mash the potatoes until they are smooth.
- 3 Mix in the tuna, breadcrumbs and a little pepper.



## Recipe



# RECIPE

## Fish Cakes

### METHOD

- 4 Place the mixture in the fridge for about 30 minutes.
- 5 Take the mixture out of the fridge and wet your hands a little. Divide the mixture into four and mould them into fish shapes.
- 6 Fry the fish cakes on a pan for about 5 minutes on each side. Drain and place on a plate.
- 7 Place the pea in position for the eye of the fish and a slice of tomato for the mouth. Use the parsley as air bubbles and a lemon slice for the sun in the sky. Arrange the cucumber slices in rows to look like the sea.